

Rehab and Clinical Exercise Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Independent Rehab	Independent Rehab		Independent Rehab	Independent Rehab
9:15 am	Clinical Exercise Group Kelly Joyce	Clinical Exercise Group +Safe Haven Helen Lowe	Clinical Exercise Group Caitlin Ford	Body and Brain Rehab Ashlee Diston	Clinical Exercise Group Ashlee Diston
10:00 am	Clinical Exercise Group +Safe Haven Kelly Joyce	Body and Brain Rehab Helen Lowe	Body and Brain Rehab Caitlin Ford	Clinical Exercise Group +Safe Haven Ashlee Diston	Clinical Exercise Group +Safe Haven Caitlin Ford
11:00 am	Body and Brain Rehab Kelly Joyce			Body and Brain Rehab Ashlee Diston	Body and Brain Rehab Caitlin Ford
12 noon	Independent Rehab	Independent Rehab	(12:15) Independent Rehab	Independent Rehab	Independent Rehab
12:30 pm				Hydro Group Kelly Joyce	
1:15 pm	Body and Brain Rehab Kelly Joyce				
2:00 pm	Body and Brain Rehab Kelly Joyce	Body and Brain Rehab Ashlee Diston	Body and Brain Rehab Kelly Joyce		Body and Brain Rehab Ashlee Diston
2:45 pm					Body and Brain Rehab Ashlee Diston
5:15 pm	Clinical Exercise Group Helen Lowe	Clinical Exercise Group Ashlee Diston	Body and Brain Rehab Kelly Joyce	Body and Brain Rehab Helen Lowe	
6:00 pm	Body and Brain Rehab Ashlee Diston	Body and Brain Rehab Ashlee Diston	Body and Brain Rehab Ashlee Diston	Clinical Exercise Group Helen Lowe	
6:45 pm	Body and Brain Rehab Ashlee Diston		Clinical Exercise Group Ashlee Diston	Body and Brain Rehab Helen Lowe	
7:30 pm	Clinical Exercise Group Sheryn Cutler				

To book classes:

Call: 5623 3306 Online: www.throughlifephysio.com.au

Clinic and Class location:

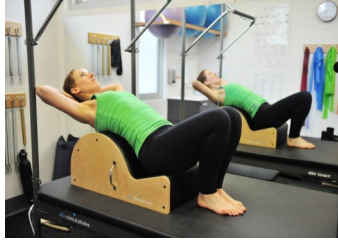
100 Brandy Creek Road Warragul

Rehab and Clinical Exercise Timetable

Body and Brain Rehab (formerly Rehab Clinical Pilates)

Rehabilitation exercises specifically and uniquely prescribed for your goals of:

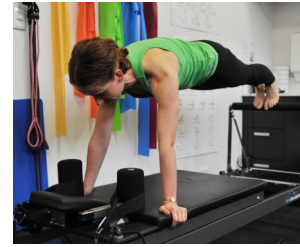
- Back Pain Management
- Neurological Rehab
- Chronic Pain Management
- Post-Op Rehab



Clinical Exercise Group (formerly Tone Clinical Pilates)

Individualised levels - the perfect exercise for:

- Improving posture
- Strengthening core
- Pelvic Floor Rehab
- Pregnancy and birth preparation



Through Life Physiotherapy

Caring | Empowering | Achieving

Independent Rehab (Physio must approve)

(formerly Independent clinical pilates)

The ideal exercise for those who:

- have mastered a Rehab program
- live with chronic pain
- have a long term health condition
- love exercising on Clinical Pilates



Safe Haven

- Free at selected Clinical Exercise Groups.
- Exercise together when your child needs to connect with you.
- A wonderful play space for your child.
- Care for your children while you exercise.
- Parents remain responsible for changing nappies and taking children to the toilet.



Helen Lowe Physio | Kelly Joyce Physio | Caitlin Ford Physio | Ashlee Diston Physio | Sheryn Cutler Fitness Instructor

To book classes:

Clinic and Class location: